

HEALTH AND WELLNESS COMMITTEE OF THE COA

Meeting Notes

9:30 - 11:00 am

October 4, 2022

ZOOM

In Attendance: Marsha Weber, Neal Brown, Barbara Selter, Marcia Pruzan, Revathi Vikram, Eddie Rivas, David Engel (note taker), Kendell Matthews, Wayne Berman, Betsy Carrier, Virginia Cain, Laurie Pross, Monique Gardner (AAHP), Kerri Donnelly (Marquis Health)

Staff: Tina Purser Langley

Motion by Neal to approve 9-6-22 minutes. Seconded by unanimous consent. Minutes approved. Meeting recorded. Discussion to make sure all Commissioners get minutes and emails for all committee meetings.

Welcome and introductions. Review of last meeting on the topic of Life Transitions as people age. Question on how to pull it all together with reference to the meeting attachment – Marsha Sept 6th meeting document. Virginia reviewed the document in detail. Comments regarding document: Eddie: communities of color were discussed but not the LGBTQ community at the last meeting. Rev: reminded that the political climate of a country of origin is a factor whether people return or not to that country. And the committee work needs to also reflect the mainstream residents of the community. There should be a distinction between what are legal documents like wills and DNR and then move to the other topics.

The committee had more discussion on the final product and what can the CoA do. How does the CoA condense the information into a document? Is the product a notebook? Marsha: yes. Virginia: it should start with why this is important and then provide resources. Neal: the CoA should not recreate something that is already there whether it be National, State or local.

More discussion on the idea is to provide information as a way to start the process. Task to accumulate the resources is overwhelming and difficult to get people to use the what is available. AARP may have resources on finances, housing, and health. NIA has resources. At the last meeting one of the speakers discussed the “last gift” as a concept. Committee needs to consider publication in multiple languages. Laurie brought up the thought of producing the final product in chunks and to perhaps start at the end of life. Aim for an April date to coincide with National Health Decisions Day and have an event or events at senior centers and on 50+ to gather information and raise awareness. Wayne brought up the housing component and transition for downsizing, aging in place, universal design with the need for the county to promote those concepts to make the home safe. It was agreed that a goal date is good.

The committee moved on to reviewing the Planning for Life Transitions as We Age (PFLTaWA) “Draft Discussion Document”. Step One- Family Discussions, Step 2- Information Families Members Should Have, Step 3- Issues for older adults to consider as they age. Laurie suggested we change caregiving to care partnering. David suggested the topics are suitable for an entire website design. Virginia suggested the approach should be broken into Housing, Legal, Financial sections. Betsy said that a Bar group could provide information and hospitals and hospice organizations would have materials. Marsha reminded the committee that the purpose of the end result was to provide a guideline and not to get too in-depth. Also keep in mind the information is provided to help people before the crises point. Rev brought up the previous comment about

“partners”. She mentioned that people in transition could be presented as “partners in transition”, legal “partners”, housing “partners”. Those are ways to bring neutrality to the topics. Guest, Kerri Donnelly suggested that a problem could be presented and then a solution could be presented.

It was mentioned that the categories could follow the topics presented by Susy Elder Murphy, Owner, Aging Well Eldercare at a recent CoA meeting: Health and Disability, Finances, Housing, Family, Local Resources, Advocacy, Legal, Crisis Intervention.

The white board function was used to develop a list of topics that need to be divided up between committee members to research and present to the group at the next meeting a way to use the research for the “end product” presentation.

Committee assignments: Housing and Aging in Place – David (create a fact sheet template)

Critical Personal Information: Betsy, Virginia, Kendell, Marsha, Barbara, Kerri

End of Life: Laurie, Kendell

Technology: Wayne

White Board Topics: Financial, Legal, General Information, Do you know your parent’s friends, (Step 2- Information Families Members Should Have), Critical Personal Information, Housing, Medical/Health Care, Non-Medical Health Care, Aging in Place, Right-sizing, Transportation, Mobility, End of Life Planning, Care Services, Technology, First Steps: What information do I need, Tips on Difficult Conversations.

Eddie agreed to review the committee work with respect to an LGBTQ equity position.

IHAS: What can the CoA do to help them? Committee decided to be in touch with Kimberly Johnson to improve and refine CoA Budget Priority presentation to County Council and County Executive.

Adjorn